



## Oasis Wellness Center Relaxation Room Guidelines

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- 1. Reservations.** Relaxation Room nap pod use is on a first-come first-served basis and must be reserved in-person at the reception desk.
- 2. Reservation Check-in.** Students must check-in at the reception desk to reserve a nap pod prior to entering the Relaxation room
- 3. Nap Pod Availability.** Relaxation Room nap pods are available from 15 minutes after the Oasis Wellness Center opening time until 15 minutes prior to closing.
- 4. Personal Belongings.** Students are required to put all personal belongings into a designated locker in the reception area prior to entering the Relaxation Room and using a nap pod. Personal belongings, other than personal listening devices, are not permitted inside the Relaxation room.

In order to minimize disruption to other students using the nap pods, the following etiquette should be considered:

- 5. Noise Level Expectations.** In consideration of others, all noise is prohibited inside the Relaxation Room.
  - a. Cellphone conversations are prohibited. Please silence your cellphone.
  - b. Personal listening devices must be silenced and earbuds must be worn. The music level on your personal device must be low enough to not be heard by others
- 6. Shoes.** If you choose to remove your shoes, please store them at the base of the nap pod.
- 7. Nap Pod Cleaning.** After use, wipe down the entire leather surface of the nap pod using the sanitizing wipes provided.